

NAVY FITNESS INSIDER

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NAVY FITNESS INSIDER HIGHLIGHTS CFA YOKOSUKA, JAPAN

Welcome to another issue of "Navy Fitness Insider". This is the second edition for 2005 and is sure to be another informative and fun read for everyone.

In this quarters issue we will be highlighting programs and events at CFA Yokosuka, Japan.

Many exciting thing are happening at CFA Yokosuka including the building of the new Thew Gym pictured at the right. Plans for opening are set for January 2006.

All this along with our special feature articles you should

enjoy this quarters issue of Navy Fitness Insider.



PHOTO BY: JAMES
PHYSICAL FITNESS FACILITY
FLEET FACILITIES, YOKOSUKA, JAPAN
艦政体育館
米海軍横須賀基地, 日本

U.S. Army Corps of Engineers
Japan Engineer District

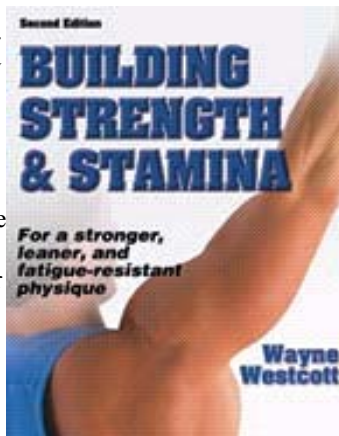
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Basic Navy Fitness Training : Is Your Staff Certified?

It has been two years since we initiated the Basic Navy Fitness Training Certification through CNI-Millington. Our initial goal was to have all our gym staff members (no matter what their job description is) certified by the end of 2005.

Currently only a



handful of bases have been proactive on getting their entire staff certified.

By having this certification you will meet the DoD requirement of having a knowledge-

able staff member on the floor at all times.

All materials are free from CNI-Millington. This includes a 240 page book, registration forms, and testing materials.

If you need any of these items to get your staff certified please contact CNI-Millington Detachment with a proper shipping address to receive these materials.

Upcoming Points of Interest

- NSCA National Conference July 7-9 2005 Las Vegas
- NRPA National Conference October 18-22 San Antonio, TX
- Athletic Business Conference December 1-3 Orlando Convention Center

BEGINNERS TAKE WEIGHTLIFTING TOO EASILY

FROM MAY 2004 JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

When it comes to weightlifting, beginners may need to pump up their load. In a recent study, male and female beginners chose weights that were too light to do them much good. Stephen Glass, PhD, FACSM, of Grand Valley State University, and Douglas Stanton of Wayne State College, studied 13 men and 17 women. All were weightlifting novices in their late teens or early 20's. The researchers turned participants loose in a weight little guidance, telling them to choose a load they thought would "be sufficient to improve your muscular strength." Participants didn't know how much weight they were lifting, since the weight's markings were covered with tape. The group tried bench press (chest), leg press, pulldown (back), military press (shoulder), and bicep curl exercises. They were also instructed to provide an overall rating of their degree of effort during the weight lifting exercises.

A few days later, they repeated the test.

Lightweight Results: All participants chose weights that were below the optimum amount. To build muscle size

and strength, weightlifters must hoist at least 60% of the maximum amount they can possibly handle, say the researchers. But in this study, no one lifted that much. Instead, participants chose weights closer to their comfort zones, ranging from 40% - 60 % of their maximum ability. Studies have shown that loads under 60% are generally ineffective at increasing muscle strength.

Fighting for Fatigue: In addition, participants didn't do as many repetitions of the exercises as the researchers had expected. Lifting to the point of exertion — where you can't lift anymore — is required for maximal strength training, say the research-

ers. There was no macho advantage. Both male and female participants chose weights that were too light, and both genders did fewer repetitions than the researchers expected.

Learning the Ropes: Many beginners find it hard to make up their own effective weightlifting routines. Without pumping enough weight and working to the point of exertion, novices might quit from discouragement after seeing little progress, say the researchers. That's no to suggest that beginners overdo it.

Instead, new weightlifters may want to seek help from knowledgeable trainers. "The client can then be trained to perceive the effort required for effective resistance training and perhaps then they will be better able to self-regulate their training," write the researchers.

The study appears in the May 2004, edition of the Journal of Strength and Conditioning Research.



RENEW YOUR EXERCISE GOALS

FROM PERSONAL BEST PUBLICATIONS 6/03

By spring many of us have discarded our New Year's resolutions to exercise and get in shape. The following strategies are sure to fire up your enthusiasm for leading a more active life!

How do you get motivated?

One way is to set specific goals. Make them attainable yet challenging. And write them down - create a plan of action using a calendar that records what your going to do over several weeks or months. The effect of visualizing your plan can help make it a reality.

Consider the results.

When you are active and exercising regularly, do you feel less tired? Are you in a better mood and less stressed? If you mind and body tell you the health gains are there, focusing on those benefits can lead you to your next workout.

How about something different?

For example, if you only exercise aerobically on a treadmill alternate your time with a new segment of fitness— strength training or yoga. Varied activities will work a wider range of muscles and ex-

pand your fitness gains. You'll maximize your exercise time and add motivation.

Group exercise?

Exercise and sports options exist in virtually every neighborhood in America, local gyms, clubs, community centers and commercial operations offer aerobic and weight training machines, water workouts, and classes in yoga, tai chi, and rock climbing. Or join a walking or hiking club or your company sports team



KEEPING A LOG OF FITNESS EQUIPMENT MILEAGE OR HOURS USED

With monies being tighter over the course of the next few years we must take care of our equipment and pay more attention to it. Gone are the days when a treadmill that was a couple of years old is replaced with a new one from grant money no matter what condition it was in. What needs to be done now is to track the usage so we can validate the purchase of new equipment due to use not just age. Every major brand of cardiovascular equipment has a program that calculates either mileage or hours used. Using codes on the keypad you can access these tracking programs. These codes can be found in your users manual or call the company associated with that brand of equipment. Once a month, go



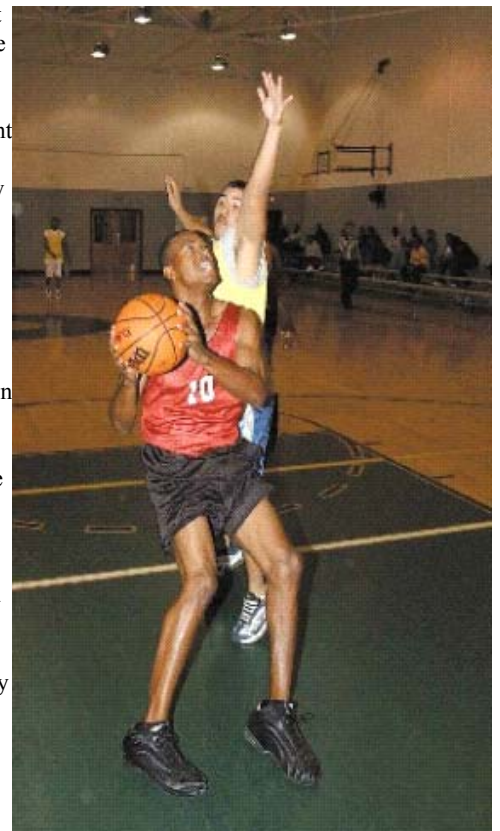
into your tracking programs on every machine and record the mileage / hours of usage. Then start a file either manually or on a spreadsheet by serial number

and log the amount of miles / hours the machine has been used. By keeping track of this we can achieve some valuable information. First we will be able to justify when a treadmill needs to be replaced due to miles / hours. Second, following our usage on the equipment to make sure which pieces are used more than others. One particular treadmill may be used more than others because of its placement on the floor. Once this is found out, it is wise to rotate your equipment so that usage is equal over a period time. If you keep track of your fitness equipment usage we will be able to justify to the Navy why we need equipment replacement on a yearly basis.

PROMOTING YOUR FITNESS /SPORTS PROGRAM

Just having a fitness / sports program is not good enough anymore. With the constant competition from outside events you will have to promote your program to keep Sailors interested in what we do. First thing is to establish a very visible place on base where you can promote your program by bulletin board (Fitness Center, Galley, or Liberty). I am not talking just putting a piece of paper up with the sports schedule on it. What I am talking about is making a bold statement that grabs a Sailors attention. Your board should have larger than 8x11 pieces of paper on it. Make sure lettering is large and easy to read. Your base marketing department can help you with this. The entire years sports sched-

ule should be listed on it. If you do not map out a year in advance start. With deployment schedules the way they are Sailors need to be informed if they will be around when a particular season starts and when an entry deadlines is. The traditional sports are an excellent way to keep your present participants but young Sailors are looking for something new and innovative. Dodge Ball, Ultimate Frisbee, and European Handball are some sports that may draw a fresh interest in your program and open the eyes of some Sailors to new activities. The internet allows you to search for new sports and their rules so there should never be a down time where no season is taking place with the multitude of sports there are to choose from. The more obscure and fun the sport is the more you can promote it. Again I must stress with all the competition out there for our sailors time we have to make sure the Sailor is informed and interested in our programs. Just rolling out a basketball or getting the field ready for play is not enough anymore. Be an innovator and be creative to get your sport programs up to date with the current trends.





Tips For Sport Turf Managers

(Grounds Magazine : Written By Gail Landry, University of Georgia Aug 1, 1997)

Compaction can be a turf manager's nightmare. Traffic, weather conditions and normal use push soil particles closer together, reducing pore space and increasing soil density. Due to decreased air, water and nutrient movement, turf roots struggle to fill their basic needs. As a result, turf quality declines and sports fields provide less cushioning for players. Turf shows less stress tolerance and increased susceptibility to weed, disease and insect problems. Aeration and topdressing are good bets to combat compaction.

Aeration and soil compaction
Aeration opens channels in the soil through which air, water and nutrients can move more freely. Aeration increases pore space, softening hard soil by allowing it to move upon impact.

Degree of soil compaction varies with soil texture, moisture content, area use and amount of weight applied. Soils high in silt and clay compact more quickly than sandy soils; wet soils compact more quickly than dry soils.

Most soil compaction occurs within the top 1 to 3 inches of the soil surface from normal use but may result from heavy equipment traffic or repeated aeration to the same depth.

Years ago a high school football coach told me that hard soil just helped toughen the players. I said, "Great. Why don't you just practice in the parking lot?" He then spat out some tobacco juice

and stared at me as if he were comparing the options.

Consider your aeration alternatives based on the hardness of the soil, weather conditions, turf-growth cycles and field-use schedules. Check for soil compaction by using a soil probe, shovel, blunt rod or screwdriver.

Deep or shallow aeration reaches into the top 3 or 4 inches of soil. Equipment using solid spikes pokes holes in the soil, creating openings without removing soil. Equipment with hollow tines or spoons removes soil cores and deposits them on the soil surface. In most cases, hollow tines or spoons are better. However, solid tine equipment that causes soil lifting and vibrating can be quite effective. Using any equipment regularly at the same depth can cause development of a compacted layer. Deep aeration extends below the 4-inch level and helps improve both surface and deep-soil problems.

Ideally, aeration should reach the depth of compaction yet cause minimal surface disruption. Equipment that brings soil to the surface is the most disruptive, but because it makes a greater change in existing conditions, it can produce the most long-lasting results. Even when you drag cores back in, the turf needs time to recover and grass roots need to regenerate and spread deeper into the soil. Because spiking and slicing is less disruptive to turf growth and appear-

ance, you can use it more often than coring.

Consider using different types of cultivation at different times. Perform the more disruptive aeration before major root-growth periods - such as spring and fall for cool-season turf grasses and spring for warm-season turf grasses. Shallow aeration before deep aeration should make both more effective.

Proper soil moisture enhances aeration effects. Dry soils are hard to penetrate, limiting the effect of the procedure and stressing equipment. Wet soils may not move enough to achieve satisfactory results. Generally, soil moisture should be at field capacity when you aerate. For vibrating and shattering aerators, the soil should be slightly drier. Field capacity generally exists 24 hours after a rain or irrigation. Hot, dry weather and strong winds may dry out the turf bordering aeration holes. Therefore, avoid aeration during such conditions or compensate for moisture loss with irrigation.

Topdressing Generally, the longer aeration holes remain open to the surface, the longer lasting the effect. A sealed hole, even if only at the surface, significantly reduces air- and water-movement benefits. Topdressing with a porous material, sand or a coarse-textured soil, keeps the holes open.

Continued on page 5

Continued from Page 4



Repeated topdressing over a long period, especially in conjunction with aeration, provides other benefits. Topdressing can improve the soil profile, provide protection for turf seed and young plants, protect the crowns of existing turf, improve drainage, help decompose thatch and aid in leveling uneven surfaces.

Topdressing programs vary according to the changes you desire, soil profile, type and condition of the turf; degree of compaction; turf growth cycles; weather conditions and use.

Generally, it's best to match the texture of the topdressing material with that of the existing soil to avoid layering. Topdressing with sand is common on golf-course greens because greens are about 90 percent sand. However, unless you are committed to two or more topdressings for 3 or more years, or have a field of sandy soil, sand may not be the best bet for general-sports fields. Mixing a small amount of sand with soil may worsen soil conditions, not improve them. In most cases, the simplest approach is to allow aeration soil cores to dry, then drag them back over the turf as the topdressing material.

When you need additional topdressing material, the rate or thickness of application will vary, depending on time and budget, playing season and growing season or weather conditions, and whether core aeration has preceded topdressing.

Calibrate your spreader. Inconsistencies in materials or application cause the turf root mass is concentrated in the upper 6 to 8 inches of the soil profile, where these practices most improve soil conditions. Rather than improve, air, water and nutrient movement.

To avoid these problems, calculate the rate of application precisely and calibrate equipment carefully for uniformity. A 0.125-

Dr. Gil Landry is an extension turf grass specialist with the University of Georgia (Griffin, Ga.). He is a past president of the National Sports Turf Managers Association.



Keep detailed records of aeration and topdressing procedures each year. Include not only what and when equipment was used and what materials were applied, but growing conditions, temperature and rainfall as well.

Also record turf use, including the number and conditions of games and practices on each field. Wet fields result in more damage than dry ones. Although good soil moisture is great for turf growth, playing on fields with damp soils can increase soil compaction.

inch layer of topdressing is 10.5 cubic feet or 0.4 cubic yard per 1,000 square feet. Topdressing a baseball infield of 17,000 square feet takes one-third the time and material that topdressing a 57,600-square-foot football field does.

Most cultural practices, including topdressing, reduce turf quality and growth temporarily. The combination of aeration and topdressing will cause greater stress than either alone. However, fertilizing a week or two before cultivation can increase recovery rate.

Assess the effectiveness of your aeration and topdressing programs. Check core samples for root growth, moisture retention and compatibility and be flexible enough to make adjustments as necessary. Also, record resulting benefits to turf health, including reductions in irrigation, fertilization, weed, insect and disease problems. You can use the documented data for budgeting and to support funding requests for equipment and procedures.

Aeration and topdressing make a major impact in your overall turf



Navy Fitness Insider Highlights Programs at CFA Yokosuka

MWR YOKOSUKA ATHLETICS

The Athletics Division at MWR Yokosuka, Japan is the largest overseas sports, fitness, and aquatics program in the US Navy. The Athletics division employs over 200 US and local national staff serving a base population of 27,000. With literally 100's of various activities over the course of the year, the Athletics department prides itself on having something for everyone. The dedication to the finest programs, facilities, and customer service ensures that our base personnel receive the outlets for recreation that they deserve. The four major program areas of the Division are Facilities, Sports, Fitness/Wellness, and Aquatics.

Yokosuka Athletic Facilities

The two fitness centers on base, Fleet and Thew Gyms, rival the latest in commercial fitness centers in the United States. Fleet Gym is a modern facility with state-of-the art equipment to boast. The gym, located right on the waterfront across from the U.S. Navy's 7th Fleet, is ever popular with the fleet sailors. The gym has two full-sized basketball courts for basketball, volleyball and other activities. The main fitness area features a complete line of cardio equipment ranging from Precor, Life Fitness, and Cybex which all includes Cardio Theater. The area also features free-weight equipment, as well as Hammer Strength, Life Fitness, Body Master and other selectorized equipment. On the 5th floor are three racquetball courts, a boxing area, an aerobics room, which holds a variety of aerobic and martial arts classes, and an area with a number of pieces of selectorized equipment for circuit training.

Although Thew Gym will turn 50-years old later this year, it still has much to offer in terms of facilities, programs and services. It has two full-sized basketball courts for basketball, volleyball and other indoor activities. There are four racquetball courts, including two that have been recently converted to a massage room and a children's play area. There is also a workout area with a full-line of weight and cardio equipment with Cardio Theater. The gym is limited in size but still offers a variety of free weight and cardio equipment to get good workout. For the outdoor enthusiast, we offer a number of facilities that include a number of picnic pavilions, outdoor tennis courts, outdoor volleyball courts, sports fields, horseshoe pits, a golf driving range and a putting green practice area.

With a new Thew Gym slated to open in the fall of 2005, the good has gotten even better. The new facility will be larger and more spectacular than its predecessor. It too will have the latest in fitness equipment, services, programs and will also feature an indoor 8 lane 50-meter swimming pool.

Skateland, one of the remaining few roller skating rinks on a military base in the world, has been a part of the Yokosuka base recreation scene for many years. The rink is both old and new at the same time. Although the building is old, the interior appearance has remained as modern as ever, having recently undergone modest renovations. Skateland plays a large role in supporting the Yokosuka community. Beyond



normal skating, there are birthday parties, church, school parties and other functions that support the community's needs.

Combined with our friendly and well-trained staff, the MWR Athletics Facilities adds to an already loaded offering from MWR Yokosuka. In addition to working out and staying fit, we are looking forward to offering more improvements and additional amenities in the future.

Yokosuka Aquatics

The aquatics program in Yokosuka, Japan currently features six swimming facilities. There is also a new 50 meter facility under construction, which is slated to open early next year. The pools range in size from 15 meters to 50 meters, and are spread across a geographic area spanning 35 kilometers. The facilities serve the needs of 27,000 service members and their families when it comes to swimming for fitness, recreation or training.

The program currently offers year-round swimming in the Seaside Pool, which is a small 18 meter pool. Even though the pool is small, the usage is high. The pool is open from 0530-2030 Monday through Friday, and features lap swim-



ming, youth swim team, aqua aerobics, adult swim lessons, children's swim lessons, pool parties, command training and master's swim team. Seaside Pool also features swim lessons, recreational swimming and special events on Saturday and Sunday.

During the summer months the Yokosuka Aquatics program operates 6 swimming pools full time. Swim lessons, youth swim team, pool parties, swim meets, dive in movies, inner tube water polo and other special events continue throughout the summer months. This coming summer the Yokosuka Aquatics program will also host 33 interns who will teach swim lessons, lifeguard and run innovative new programs during the summer months.

Another program that highlights our department is our successful Master's Swim Team that competes in swim meets against the best swimmers across the Tokyo area. The aquatics program in Yokosuka is an ever expanding program in both participation and programming. It is expected that with the new facility will come more interest in swimming and aquatic activities on the base.

Yokosuka Fitness and Wellness

The goal at MWR Fitness has been to enhance the quality of life and bring awareness of the benefits of fitness to our naval community stationed in Japan. Fleet Readiness being one of the reasons why we exist, many man hours have gone into implementing standards within the fleet community enhancing fleet sailor fitness through shipboard gym renovations, CFL programming, command fitness classes and annual training sponsored by BUPERS greatly enhancing fleet readiness.

Our approach to wellness and total body fitness has been predicated in developing a clinical and holistic approach to fitness. Working in concert with the US Naval Hospital's health promotions program director, this team has instituted a comprehensive curriculum for fleet and shore personnel. This program includes the assets of 30 highly qualified personal trainers, aerobics instruc-

tors and naval health professionals. Many of our trainers specialize in plyometric exercise, competitive triathlon, sports specific training, rehabilitation fitness, pre and post operation fitness and command group instruction. All of our trainers and instructors hold several certifications through national and international associations to include, ACE, ACSM, AFFA, ISSA, Cooper Institute, NASM, IDEA and NSCA just to name a few.

On the programming side Fitness is a priority in the community and our offerings are varied and plentiful. The program features international aerobathons, biathlons, a fitness fair, body building contest, as well as family and special events sponsored by NMCRS, American Red Cross, and Girl Scouts of America. With over 30 plus classes per week in aerobics, we have a solid variety of offerings including group strength, mommy and me classes, cardio boxing, step, holistic (yoga & pilates) fitness and spin cycling. Additionally have a fun run club that hosts over 50 fun runs per year, as well as an additional 12 international runs throughout Japan.

Yokosuka Adult Sports

The Adult Sports program at Yokosuka offers an extensive and diverse range of sporting events for the Yokosuka community. With over 80 events a year including 30+ Captain's Cup events, 40+ Intramural events and 5 varsity sports we have something for everyone. Whether a participant is highly skilled and experienced, or trying a sport for the first time we have a way to get them involved and ensure they have a good time.

The Adult Sports program has worked hard to think outside the box with recent programming. We have made a

conscious effort to find the right balance of traditional activities and new and exciting opportunities. With 7 intramural leagues, 5 Captain's Cup major sports and the integration of programming using our indoor hockey rink, it appears we have the traditional sports covered. Events such as inner tube water polo, water basketball, kickball, dodgeball, the Vegas poker showdown, and our sports trivia competition ensure that there is always a way to keep people satisfied with something new.

Such programs as the Captain's Cup Co-Rec Competition have allowed us to nearly triple the amount of female participation in the program. And programs such as Club Sports allow participants to enjoy a sport all year round, such as volleyball, rugby, and ice hockey. These programs have helped to make our program one that is satisfying and unique.

Our goals have always been to provide a quality sports experience while maintaining the utmost of professionalism and sportsmanship, but we cannot rest on that alone. We are constantly looking forward and at how we can improve. The addition of a local sports page, local television coverage of major events, and a newly planned wall of champions have helped us not to create a program that is and should be great for years to come.





The 10 Worst Snack Foods

(From MSN.com <http://articles.health.msn.com/id/1000996657GT1=6076>)

Enter any convenience store in the United States and you'll quickly spot an array of so-called foods that could have come straight off the request list on Lil' Bow Wow's Concert rider (I did not make this up. The young rapper's contract states that he must have the following foods backstage: Twizzlers, Doritos, Sprite, Starburst, Hawaiian Punch and orange soda). But hey, Bow Wow's no worse than Britney, Christina or any teen in any mall anywhere in America. Or their parents.

Snack food in America seems to become more horrible with every passing year. Here's my list of the worst snack foods of all time. (But be forewarned: This list could become outdated the minute the food industry introduces yet another must-have concoction of sugar, chemicals, coloring and grease to add pounds to your waistline while adding nothing to your nutrition.)

1. French Fries

Don't be reassured by the fact that McDonald's is changing its cooking oil. French fries are still starchy white potatoes cooked in hot fat and flavored with chemicals and sugar. Possibly the worst snack food on the planet.

2. Donuts



Fried bread. Need I say more? And if that wasn't bad enough, add a sugary cream filling and a glaze of more sugar on top. Any questions?

3. Chips (Potato or Corn)

These are really just a packaged

version of French fries. However, you can do damage control on this one by switching to baked blue corn chips, available in health food stores. It's still not real food, but it beats the 7-Eleven version any day.

4. Soda

And sorry, this includes the diet kind. Absolutely nothing of any value here, and a whole lot of chemicals to boot.

5. Cupcakes and Snack Cakes



The creamy filling is fake whipped cream, and the rest of it is sugar, flour and flavoring. You've gotta be kidding.

6. Candy Bars

You might squeeze a gram or two of protein out of the nuts in some of them, but by the large they're a sugar orgy and a nutrition nightmare. Again, you can move slightly up the food chain by switching to one of the "energy" bars. Most are just candy bars disguised as health food but they often have 1/3 less calories, quite a bit more protein and a bit less fat. Don't confuse them with real food though.

7. Pork Rinds

Fried Pork skin. Not a good thing.

8. Fat-Free Cookies

These are even more insidious



because they pretend to be healthy. Remember, fat-free doesn't equal calorie free. Betcha can't eat just one!

9. Crackers

Trans-fats anyone? Most crackers are loaded with 'em. Read your labels carefully to find the few that aren't.

10. Pretzels

Surprise, surprise. Remember, just because something doesn't have fat doesn't make it good. This is just white flour, water and sugar masquerading as a healthy snack. Fuggedaboutit.

Runner up: Those creamy, caramel, coconutty coffe mocha-latte-frappe drinks that are taking over the universe. I love my Starbucks to, but 20 ounces of caffeine, sugar, whipped cream and milk taken once or twice a day does not a lean waistline make!

And yes the calories you drink count!!





Energy Drinks Dangerous In Excess

(CBC News Online June 25, 2004)

Nutrition experts are warning people against relying on energy drinks to boost their stamina, as more and more party goers mix them with alcohol to stay alert all night.

The drinks often come in flashy cans and bottles with names such as Red Bull or Adrenaline Rush. Nightclubs have been mixing them with hard alcohol such as vodka.

"What you'll be is a wide-awake drunk," says Chris Rosenbloom, head of nutrition at Georgia State University.

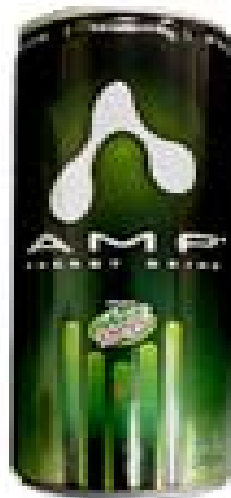
Dietitians say the mixture of drinks gives people a mistaken notion that they're not as drunk as they are. They say it masks fatigue and other warnings the body gives so people don't drink too much.

The energy drink market doubled last year according to Beverage Marketing Corporation, a drink industry information service.

They're so popular now that Coca-Cola,

Anheuser-Busch and Pepsi have all rolled out new lines of energy drinks.

Many of the drinks contain a cocktail of stimulants such as caffeine and guarana, a South American plant plus lots of herbs and vitamins.



But health experts say loading up on a drink that claims to have lots of natural ingredients isn't necessarily beneficial.

Back in 1998 a Kansas man suffered a heart attack that caused permanent brain damage after drinking an energy drink and then lifting weights. The drink contained the stimulant ephedrine which can be dangerous when combined with exercise.

The man lost his lawsuit against the drink maker because he ignored warnings on the label.

Many of the new drinks on the market will not be making any health enhancing claims.

Marlese Coulis of Anheuser-Busch says her company's "180" drinks are marked as a "Pick -Me-Up."

Beginning Basketball

From Self.com

Basketball, the ultimate in team sports, can be played indoors and out, on a court or in the park. It doesn't cost a lot to play, it isn't complicated, and once you know how to play it, you can hang a hoop just about anywhere.

Starting Out

Basketball is a pretty simple game once you know a few rules. After you've learned the basic skills, you can walk up to any court and join a spontaneous pickup game.

Target areas: Basketball is a good cardiovascular exercise and is great for building muscular endurance. Since the game requires a lot of starting, stopping and sprinting, it helps strengthen the

lower body, especially the quadriceps, hamstrings, gluteus muscles and calves. Dribbling and shooting develop muscles in the arms and shoulders. Obviously, the fitness benefits increase with the pace of the game.

Other pluses: Shooting hoops increases your energy, stamina and coordination and thus can make other aerobic activities, such as walking, running and in-line skating, easier. Also, the goal of scoring motivates players, because they forget they're exercising.

The Warm-Up and Cool-Down: Before you start shooting hoops, walk or bike to the court and spend a few minutes taking practice throws or passing the ball around to your teammates. It takes five to 10 minutes to warm up your muscles, get your

heart rate elevated and break a sweat (a sign that you're ready to proceed). After the

game, take time to cool down: Allow your heart rate to descend gradually by strolling around the court or walking home.

Be sure to stretch the following major muscle groups after you warm up to prevent injury and again after exercising to promote flexibility and prevent soreness:

Biceps Calves Gluteus muscles (a.k.a. glutes) Hamstrings Quadriceps (a.k.a. quads) Triceps



Recipe of the Quarter

Sloppy Gyms

With summer quickly approaching outdoor meals will be come more common with family bar-b-que's. Here is a low fat alternative to the traditional sloppy Joe that we all love.

- 1 Pound Ground Sirloin Tip
- 1 16 ounce can Ragu cooking sauce
- 1/4 Teaspoon Oregano
- 1/4 Teaspoon Basil
- 1/4 Teaspoon Thyme
- Dash Hot Red Pepper
- Dash Black Pepper
- 1/8 Teaspoon Chili Powder
- 4 Whole Pita Rounds

Directions

1. Brown Meat in a skillet and drain all the fat.
2. Pour Ragu cooking sauce onto meat and simmer for 5 minutes with oregano, basil, thyme, hot pepper, black pepper, and chili powder.
3. Spoon into whole wheat pita rounds and serve.

Serves 4

Per Serving: 263 Calories, 28.4 Grams Protein, 21 Grams Carbohydrate, 11.8 Grams Fat



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Failure Is Not an Option!

Emergency Planning

What to do when a storm comes during an outdoor sporting event

With the spring and summer quickly approaching sailors are looking forward to another season of outdoor sports. Cancellations of games due to spring showers and summer thunderstorms often drown this excitement. Most games can be cancelled in advanced and no harm comes to anyone but what if a sudden storm comes in during the game? Are you prepared if a storm hits? Do you have an emergency plan on how protect your participants and spectators? The first item you should consider is the actual plan. This plan needs to be developed and practiced by any of your staff members that could be at the field during an event. This plan needs to be posted or kept in a book near the field for emergencies. The plan should include: weather conditions on when the plan goes into effect, where persons should go for shelter, when to resume a game, and who to contact if anyone is hurt during the storm. These considerations should always be left up to a MWR representative. The decision to put the plan into effect should not be the responsibility of the umpire. Most umpires are contracted individuals and get paid by the number of games they umpire in an evening, which could call for poor judgment in an emergency situation. A staff member should always be at the games to monitor play and keep track of potential weather related emergencies if it happens. Remember being overly prepared for an emergency is always better than not being prepared at all.



Upcoming Trainings

Location	Date	Training
NAVSTA Everett	April 5-6	Field Maintenance Seminar
Subase Kings Bay	April 11-13	Advanced Navy Fitness Training
Subase New London	April 26-28	Navy Sports Specific Training
CBS Gulfport	May 10-12	Advanced Navy Fitness Training
NAF Atsugi	May 23-24	Field Maintenance Seminar
NAVSTA San Diego	June 7-9	Navy Sports Specific Training
NAVST Everett	July 19-21	Navy Sports Specific Training
NSA Washington D.C.	Aug. 2-4	Basic Navy Fitness Training
NAVSTA Norfolk	Aug 23-25	Navy Sports Specific Training
NAVSTA Rota, Spain	Sept. 13-15	Advanced Navy Fitness Training